

Full Report (All Nutrients) 45140485, TGI FRIDAYS, MOZZARELLA STICKS, MARINARA SAUCE, UPC: 046704068519

[Powered by LabelInsight](#)

Report Date: May 17, 2017 21:01 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer TGI FRIDAYS

Nutrient	Unit	Data points	Std. Error	1 PIECE (32G) AND SAUCE 1 TSP (6G) 32g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	100	312
Protein	g	--	--	3.00	9.38
Total lipid (fat)	g	--	--	5.00	15.62
Carbohydrate, by difference	g	--	--	10.00	31.25
Fiber, total dietary	g	--	--	1.0	3.1
Sugars, total	g	--	--	1.00	3.12
Minerals					
Calcium, Ca	mg	--	--	80	250
Iron, Fe	mg	--	--	0.00	0.00
Sodium, Na	mg	--	--	210	656
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	2.000	6.250
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	10	31

Amino Acids

Other

Ingredients

CHEESE STICKS: PART-SKIM MOZZARELLA CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES), WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, MODIFIED FOOD STARCH, CONTAINS LESS THAN *Date Available: 09/23/2016 Date Last Updated by Company: 09/23/2016*